



# RECIPE FOR GOOD PARENTING

1 or more Children	1 ½ tsps. Awareness
1 or more Loving parents	12 Daily hugs
6 heaping tsps. Compassion	5 Daily "I love you's"
1 heaping tbs. Changes in parenting attitudes	1 ¾ cups of Communication
1 cup of Knowledge	1 cup of Loving relationships
2 tsps. Education	8 heaping tbs. Listening
1 lb. Patience	2 cups of Understanding
3 tsps. Deep breaths	4 cups of Love
1-2 Good role models	3 dashes of Confidence
2 lbs. Security	2 heaping tsps. Empathy
1 cup of Laughter	12 Kisses

Mix all ingredients into skillet. Bring mixture to a boil, stirring occasionally. Season with parenting education. Remove from stove. Let mixture cool. Pour into large platter.

Serve to family with a smile and lots of love.

Recipe yields: a lifetime of love and healthy self-esteem per child.